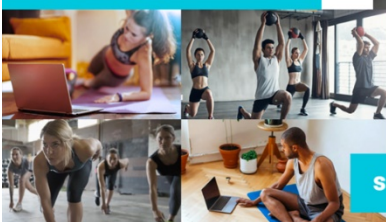


SCW
MANIA[®]
Fitness Pro Conventions



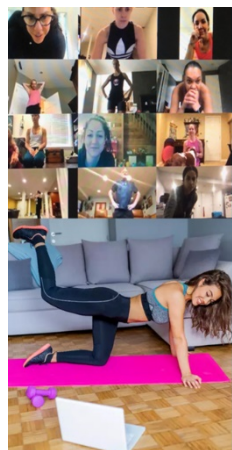
scwfit.com/MANIA

MANIA[®] Attendee
Exclusive Content



scwfit.com/attendee

#SCWMANIA
@SCWfitness



[facebook.com/scwfitness](https://www.facebook.com/scwfitness)
twitter.com/scwfitness
[instagram.com/scwmania](https://www.instagram.com/scwmania)

20% OFF!

\$6.58/Month or
\$79/year
(Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

500+
Educational Videos

70+
Leading Presenters

20+
Fitness & Health
Topics Available

SCW
On Demand



scwfit.com/OnDemand

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW
CERTIFICATIONS
35+ NATIONALLY RECOGNIZED.
ONLINE + LIVE.

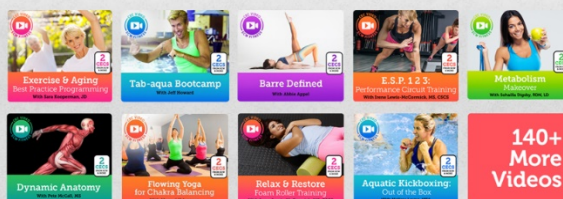
FREE LIVE COURSE included with
every Online Certification
within 1 year

scwfit.com/certifications



ONLINE CEC VIDEOS

Earn CECs in the comfort and
convenience of your home!



140+
More
Videos

scwfit.com/CECS

HIIT the Water Running

Ann Gilbert

CLUB OWNER, MASTER TRAINER
WATERINMOTION, ACE CPT

SCW FACULTY



Thank you for Attending/Introduction

Water HIIT is not new

Why do the
properties of water
make designing a HIIT
so appropriate?

How is intensity
measured or
assessed?

How can you know if
you have hit the HIIT
mark?



Let's Look at the water Run

Joint action

Power or not

Let's Look at a Real Power Action

Lever length

Being able to create “eddies”

Directional and multi planer actions

Change in levels



Health, Immune System, 2021

- The new norm “Post” Covid
- Health is the issue at hand
- What it means to feel NO PAIN!
- Muscle preservation
- Extended burn/weight loss

Formatting For Success

- **Class length**
- **Pool arrangement**
- **Safety for the coach**
- **Safety for the student**

Heat it up Fast

- To time or not to time
- Its not about adding variety
- Excuses will not float
- Crawl , stand and then run



How to Launch New in 2021

The ideal launch

Can we run virtually?

Are you prepared to go solo?

Are you the best you can be?

Format #1

DBL JOB Long Lever Two Directions	ROCKET JACK
CC Long Lever 3x to Jump Around	Run and Stick
Hip Extension 3x Jump Center	Choo Choo (side)
Jack Two Ways	Run Side +
Rock and Turn	SSD Pendulum
Jack Side 3 +	DBL Hip Extension
DBL Flick Kick	Grounded Speed Jack
Kick F/B	Grounded Diamond

Format #2

Run DMC	Walk Like a Man
DB Slide R/L	Jack Transfer One DB
RUN 2 Kick	Jog 3 Tuck Jump
DB Slide R/L	Jack Transfer One DB
Cross Feet Tuck Shoot	Jack 3 and Circle
SSD Slap Job/Run 8x F Repeat Run B 8x	Rocket 3 and Slide in
Stir Pot	Mogul Over
Run Side	Leap Opposite



Thank You For Coming!

- Anng@shapesfitnessforwomen.com
- 813-927-4112